

ATHLETES OF THE MONTH

★ OUTLAWS ★

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★★★ SOPHIA BIANCHI ★★★ CASEY WARBURTON ★★★

Bianchi and Warburton earned December recognition

Sophia Bianchi is a junior captain on the girls basketball team.

She is a strong leader on and off the court. She has learned all five basketball positions from point guard to center, and is willing to play any position asked.

"She leads by example with hard work and a very positive attitude," Coach Alan Von Stein says.

"She is always willing to voice her logical opinion to help the younger players develop. Given our limited total numbers on the Varsity and JV squads, she has stepped up to play five quarters in each contest.

She does this with pride and enthusiasm."

Sophia is a three-sport athlete, (soccer, lacrosse and basketball), and an excellent student with a 4.1 GPA. She is an active member of FCA and volunteers as a leader of a middle school youth group through her church.

Casey Warburton earned recognition not only for his performance on the mat but also his leadership on the team and his desire to improve. Currently, Casey has a winning record of 14 wins and 9 losses.

"Casey has faced some very tough competition this year at the 285-pound

State — and Casey only lost to him 10 to 5 and Casey had him on his back.

Warburton has won third place at two separate tournaments and is on his way to a possible placing at District tournament to earn a trip to the state championships.

"In the wrestling room Casey is constantly working harder than anybody else, and the rest of the team can account for that," says Downs. "For being the biggest guy in the wrestling room he naturally pushes everybody else to be better with his work ethic and his leadership. I see Casey over with the other bigger wrestlers not just practicing and running moves but also helping the young big guys learn how to be better wrestlers. There are three other big guys on the team that always need attention and help to learn, and Casey is always there for them."



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Casey is almost always found mat-side at every tournament, helping root his teammates on as they wrestle matches and then he is there to visit with them after their match. Win or lose Casey is there with a pat on the shoulder.

"I have never once had to worry about grade issues with Casey in the four years he's wrestled for me," Downs notes. "I have been very fortunate to have a young man like him on my team for the last four years."



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Pancake supper marks Shrove Tuesday

Everyone in this community is invited to share in the annual Shrove Tuesday Pancake Supper tradition at the Episcopal Church of the Transfiguration on February 13, from 5 to 7 p.m.

Shrove Tuesday happens on the same day as a more familiar tradition: Mardi Gras, the day before Lent begins.

Why pancakes? The principal ingredients for pancakes can be flour, milk, eggs and salt. These four ingredients represent important things: flour, the staff of life; eggs, creation; salt, wholesomeness; milk, purity.

In the past, and even now in some places, eggs were forbidden during Lent, so using up these ingredients in a meal eliminated them from the kitchen.

The term "shrove" comes from the old word "shrive" which means to confess. On Shrove Tuesday in the Middle Ages, people confessed their sins so that they were forgiven before the season of Lent began.

The Shrove Tuesday Pancake Supper is a special "all-you-can-eat" opportunity. Where else one can feed a family for no more than \$10? The menu includes: Buttermilk pancakes, blueberry pancakes, sausage, variety of syrups, homemade applesauce, orange juice, coffee, tea. The cost for adults is \$4; children ages 4-12, \$2; children under 4: free; family of 4 or more, \$10.

The church is located at 68825 Brooks Camp Rd., off McKenzie Highway, 1/2 mile west of Sisters.

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